

The

INTERCHANGE

Monthly Newsletter for State Employees Prepared by State Employees



OFFICE OF THE GOVERNOR
INDIANAPOLIS, INDIANA 46204-2797

JOSEPH E. KERNAN
GOVERNOR

June 2, 2004

I would like to take this opportunity to commend each of you for your commitment to healthy living. Your participation in Indiana's Challenge for Better Health is truly an example for others to follow.

Since the beginning of this two-month challenge, I have heard many success stories of our friends and co-workers joining together to assist each other in achieving serious health goals. Thank you for taking the initiative to organize into walking and running groups. I am sure the support you gain from participating alongside one another is invaluable as we continue on this trek.

The state of Indiana's dedicated employees serve to improve the lives of countless Hoosiers every day. This health challenge is a way to improve our own lives-- building muscle, reducing risk of serious disease, and eliminating stress.

I look forward to hearing about more of your success. Again, thank you for your dedication to this challenge and best wishes.

Sincerely,

A handwritten signature in dark ink, reading "Joseph E. Kernan". The signature is fluid and cursive, with a large initial "J".

Joseph E. Kernan

CONGRATULATIONS!!!

To the 8th Annual State Compliance Conference Awards Recipients

On Thursday, June 3, 2004, the Indiana State Personnel Department (SPD) sponsored the 8th Annual Compliance Conference, "Taking Action... Compliance on the Frontlines." The conference had many attend and received high accolades. During the conference, four awards were given to those who have demonstrated excellence in their respective field.

The following are the 2004 Awards Recipients.

Compliance Coordinator of the Year:

John Schroeder

Family and Social Service Administration

Vanderburgh Co. Division of Family and Children

Best Affirmative Action Plan:

Department of Environmental Management

Hall of Fame Agency:

Indiana State Department of Health

Excellence on the Frontlines

Kerri Wolfe

Department of Correction

The State Personnel Department would like to congratulate each recipient and thank all of you for your dedication, support, and attendance at this year's conference.

Maintaining a Smoke Free Lifestyle

Have you decided to quit smoking? Thrown out the ashtray, cigarettes and lighter? If so, you have begun the journey to a healthier, smoke free life. Making the commitment to quit smoking is only one step in establishing a smoke free lifestyle. When it comes to putting smoking in your past, consider other environments in your life where you can make changes to empower your new beginning.

Each day, you venture from setting to setting breathing air that travels through your lungs and affects your entire body. This smoke-filled air decreases your lung capacity and growth and increases your risk for heart disease. Therefore, after deciding to quit smoking, it is important to recognize specific environments that expose your heart and lungs to toxins regardless of your current smoking status.

Now that you have chosen to quit smoking, here are a few tips to help you keep your life smoke free.

Tip #1: Keep Your Home Smoke Free

- Do not smoke in your home and do not permit others to do so.
- Do not smoke in the presence of children, especially infants and toddlers.
- Do not allow babysitters or others who work in your home to smoke in the house or near young children.

• Post a sign on your refrigerator and other places so guests are aware of your policy.

Tip #2: Keep Your Car Smoke Free

- Choose not to smoke in your car and do not permit others to do so.
- Post a sign or hang an air freshener in your car that tells people about your smoke free car policy.
- Use your ashtray to hold loose change.
- Remove the cigarette lighter and hide it in the glove compartment.

Tip #3: Support Smoke Free Restaurants

- Visit smoke free restaurants. For a complete list of smoke free restaurants in your county visit www.WhiteLies.tv.

A partnership between the State Personnel Department (SPD) and the Indiana Tobacco Prevention and Cessation Agency (ITPC) provides additional programs and resources to help state employees quit smoking. As a result of this ongoing partnership, facts about tobacco use and its effects on Indiana state employees appear monthly in The Interchange.

For more information, or if you or a loved one needs help quitting smoking, call 866-515-5433 or visit www.WhiteLies.tv.

June was Air Quality Month!

June was Air Quality Month! Indiana's Greening the Government Program encourages all state employees to keep our shared air clean. Walking, bicycling and carpooling can help. Reducing vehicle idling time, and refueling vehicles and mowing grass late in the day can help to reduce ground-level ozone formation during hot summer days. Preventing and promptly cleaning up

spills and storing foods properly can keep pests at bay and eliminate need for pest controls or strong cleaning chemicals in our indoor air. For additional Clean Air tips, visit the KnOzone website at www.knozone.com or the Department of Environmental Management's "Get In the Know" website at www.IN.gov/idea/getintheknow. Thanks for doing YOUR part!

Smoking Cessation Programs Available to State of Indiana Employees Through Selected Healthplans

Health Plan	Educational Programs / Classes	Prescription Medications	Over the Counter Medications / Products
Advantage Plan I www.advantageplan.com	No formal educational programs offered; however educational materials provided at no charge upon completion of internet survey.	Member should speak with their personal physician regarding medication alternatives.	Nicotine patches are available if prescribed by the member's personal physician.
Advantage Plan II www.advantageplan.com	No formal educational programs offered; however educational materials provided at no charge upon completion of internet survey.	Member should speak with their personal physician regarding medication alternatives.	Nicotine patches are available if prescribed by the member's personal physician.
Anthem Traditional Plan I www.anthem.com	The "Butt Out! - Smoking Cessation Program" - A motivational and educational program available at a 10% Anthem discount. Includes phone-based education, coping skills modules, guidebooks, etc.	Brand name medication Zyban and generic equivalents available to covered member after applicable co-pays.	Nicotine patches and gum are available through the Anthem discount program.
Anthem Traditional Plan II www.anthem.com	The "Butt Out! - Smoking Cessation Program" - A motivational and educational program available at a 10% Anthem discount. Includes phone-based education, coping	Brand name medication Zyban and generic equivalents available to covered member after applicable co-pays.	Nicotine patches and gum are available through the Anthem discount program.
Arnett HMO www.arnettplans.com	skills modules, guidebooks, etc. Six-session telephonic program with Arnett Registered Nurses designed to educate and motivate	Zyban is covered through the pharmacy benefit minus applicable co-pays once the member completes the six-session program.	Nicotine patches are covered minus applicable co-pays once the enrollee completes the six session telephonic program.
M-Plan I www.mplan.com	those wishing to stop smoking. "Healthy Life Breathe Program" An on-line smoking cessation program designed to provide a personalized and customized plan to quit smoking.	Nicotrol Inhaler, Nicotrol Nasal Spray, Zyban (and generic equivalents), and Catapres (generic equivalents also available) are formulary medications available with applicable co-pays.	None
M-Plan II www.mplan.com	"Healthy Life Breathe Program" An on-line smoking cessation program designed to provide a personalized and customized plan to quit smoking.	Nicotrol Inhaler, Nicotrol Nasal Spray, Zyban (and generic equivalents), and Catapres (generic equivalents also available) are formulary medications available with applicable co-pays.	None



WHITE RIVER STATE PARK

M O R E T O D O T H A N Y O U E V E R K N E W™

Looking for a new place to go for lunch? Want to dine outdoors and enjoy the beautiful summer weather? Come join us at The Park Café. The Park Café is located in White River State Park, just a couple of blocks from the government centers. Enjoy deli sandwiches, hot dogs, salads, pretzels, sodas, cookies, chips and ice cream – and, on Fridays and Saturdays, be sure to stop in for grill specialties.

The Park Café is located on the west side of the Dr. Frank P. Lloyd Jr. Visitors Center – just off Washington Street and across from Victory Field. It is open Wednesday – Sunday from 11 a.m. – 3 p.m.

So, get some extra steps on that pedometer, enjoy the excellent weather and have a great lunch!

TRAINING PROGRAMS

August 2004

Date	Time	Class	Cost
3	9:00 - 4:00	Information and Records Management	Free
4	9:00 - 3:00	Developing an AAP**	Free
5	8:30 - 3:30	Interpersonal Dynamics	\$25
10	9:00 - 12:00	Decentralized Hiring**	Free
11	9:00 - 12:00	Developing an AAP for Veteran Writers**	Free
12	9:00 - 3:00	Conflict Resolution	Free
17	9:00 - 12:00	Selection & Interviewing	Free
18	1:00 - 3:30	Hoosier S.T.A.R.T. "Investment Basics"	Free
24	8:30 - 12:30	Preventing Violence in the Workplace	Free
24	10:00 - 11:00	Ethics Orientation	Free
25	9:00 - 12:00	Intro to Spanish	Free
25	10:00 - 12:00	Ethics for Supervisors/Managers	Free
26	8:30 - 4:30	Pre-Retirement Seminar	Free
31	9:00 - 12:00	Sexual Harassment Prevention	Free

NOTE: All classes will be held in the State Training Center except where noted.

**These classes are only offered to SUPERVISOR/MANAGERS AND/OR HUMAN RESOURCES PERSONNEL.

Classes that require a fee are noted. Obtain your supervisor's approval to attend.

For more information or to register, you will need to contact your agency training contact person (ATCP).

Please visit <http://www.in.gov/jobs/training&development/0homepag.htm> to check for calendar updates before registering.

Need A Little Breathing Room?

Everyone has the right to breathe smoke free air in the workplace, at home, in the car and while dining. To improve the air we breathe, Indiana Tobacco Prevention and Cessation is promoting Breathing Room, a statewide movement to raise awareness of the dangers of secondhand smoke. This challenge will give Hoosiers the opportunity to pledge to quit smoking, designate their homes smoke free, their cars smoke free and encourage their support of smoke free restaurants.

Hoosiers like Sue Roberson, Indiana State Personnel Director, joined six other executives this past January in the ultimate challenge—to quit smoking. Roberson expressed several months ago that one of her greatest motivations to quit smoking was to maintain her health for the benefit of her family. Now six months later she remains committed to one day being smoke free. Her children serve as a daily reminder of the important task at hand.

Roberson, like several others across the state, has vowed to make a Breathing Room pledge this summer. "My home is already smoke free, so it's time to designate my car smoke free as well," said Roberson.

For additional information on Breathing Room, or to make a pledge, visit www.WhiteLies.tv.


Happy Independence Day!



Artwork provided by Jerry Williams,
State Personnel Department.

The Interchange

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